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| **Hummus**    Serves 24 tastes  Source: Cathryn Hulme | |
| **Ingredients**  1 can of chickpeas, drained and rinsed  Juice from 1 and ½ lemons  ¼ cup Olive oil  ¼ teaspoon ground cumin  1 clove of garlic – finely grated  1 tablespoon tahini  Pinch of salt  Parsley – to garnish | **Equipment**  Sieve  Lemon squeezer  Measuring cups and spoons  Microplane grater  Food processor  Chopping board  Cake scraper  Serving bowls |
| **What to do:**   * Drain chickpeas and rinse them under running water, using a sieve * Juice the lemon * Grate the garlic * Put chickpeas, lemon juice, olive oil, cumin, garlic, salt and tahini into the bowl of the food processor * Whiz until it is all well combined * Divide mixture evenly into serving bowls * Decorate with parsley and serve   Please note that the blade on the food processor is very sharp. Only the adults will handle and wash this blade. | |